

Making a Difference in Iraq

Honing Search Skills in Iraq

Invisible Wounds

The Official U.S. Army Magazine

May 2005

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# Soldiers



Honoring  
the Fallen

New Hot Topics  
Pullout  
PAGE 32





**Cover** Story — Page 26  
A Soldier kneels before a memorial for SPC Joseph Herndon, who was killed in action in Iraq on July 29, 2004.  
— Photo by SGT Eishaw Meade

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A YEAR ago in April, SFC Paul Ray Smith's unit was under attack by a large Republican Guard force near Baghdad International Airport. Vehicles were out of action and some Soldiers were down. Then, under intense fire, Smith scrambled onto a damaged vehicle and turned its .50-caliber machine gun against the enemy, providing cover fire while the wounded were evacuated.

Smith died during the fight, but his actions, by many accounts, changed the course of fighting that day, and he was recently awarded the Medal of Honor. You can read more about Smith's heroic service in our Memorial Day tribute, which begins on page 27, and in the special presentation on this month's back cover.

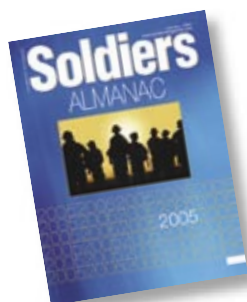


Other stories in this issue include reports on activities in Iraq, a story of another Medal of Honor recipient, MAJ Alfred Rascon, on page 30, and a centerfold tribute that reminds us that "Freedom Isn't Free."

As Memorial Day approaches, we at **Soldiers** hope everyone in the Army family will take a moment to remember those who have died in Iraq and Afghanistan and those

Soldiers of past wars who sacrificed so much so that we might enjoy the freedoms they protect.

*Gil High*  
Gil High  
Editor in Chief



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2003



NAGC Blue Pencil  
Competition  
2004





### To SGT Timothy Taylor:

I just wanted to let you know how very proud I am to be your sister. The courage you have displayed through these trying times has shown me how very special you are. Know that you are in my thoughts and prayers, and you will be home soon. Until then, keep your head up.

*Lots of Love,  
Theresa*

### To the Soldiers of 1st AD

Keep up the good work! Old Ironsides is the best!

*Austin  
Minnesota*

### To All Our Soldiers:

I send prayers to you and your families, to bring you safety, strength and courage. God bless you all, and thank you for all you're doing.

*Janette  
Illinois*

### To Our Soldiers:

Our 600-plus members and their families thank you for your service on behalf of our country. We support you, we are proud of you, and we pray for your success in your mission and for your safe return to us.

*Sanford, N.C.,  
Elks Lodge #1679*

### To All Our Heroes:

My wife and I were at the Atlanta airport, and we had the pleasure of meeting many of the finest Soldiers of the U.S. Army.

We talked with many that day and we wanted to take the time to show support to these fine people protecting the rest of us. We made

a few friends that day and will keep in touch with them.

May God bless all of our troops protecting our freedom. We need more people connecting with our serviceman and women overseas.

God Speed.

*John & Michelle  
Philadelphia*

### You Are Heroes:

My husband and I have taught our two children that a hero is not a sports star or movie star, but an everyday person who does something extraordinary without being asked — and that is what each of you are doing.

I am the daughter of a retired Navy veteran, so I know how hard it is for your families and friends, but I also know that they love and admire you for all you are doing for them and your country!

*Patricia  
Connecticut*

### To All My Friends:

I'm currently home on emergency leave but I'm due back in Iraq soon. I just want to say we are truly loved back here. I pray for you all, and I'll be back in the fight soon — so you keep your heads down for me.

*SGT Bullock  
Chicago*

### To SGT Wheeler:

Keep your chin high, heart light, smile bright, eyes open and your prayers continuous. You will be home safe and sound soon. You're always in my thoughts and forever in my prayers.

*Kelle-Irene  
Tacoma*

### To Our Soldiers

Thank you for what you are doing. I pray for each and every one of you each day. I know you will come home soon, and safe. I wish you all the best of luck; keep your heads up; you are doing a wonderful job!

*Kristen  
Indiana*

### To All the Troops

You're doing a great job. Keep it up, because you're my heroes. I just wish I were there with you in life but can only be there in my heart.

*A Retired Soldier  
Illinois*

### To All Our Military Heroes

I just wanted to say thanks to all who serve our country. Welcome home to those who have returned, and God speed to those who are still deployed.

*A Former  
11th ACR Soldier*

### To the New Generation

To all of you serving your country, I honor every one of you and thank you for keeping this country safe.

I'm a vet. There are no words that can express the feelings I have for you young people out there. God be with you all.

*A Vet  
California*

### To Our Service Members

Thank you seems such a small word to say for all that you do to protect us. With out your commitment and loyalty to the USA, we wouldn't have the freedom that we value today. Thank you from the bottom of my heart.

*Katt  
Florida*







## Iraq

SGT Jason Wilding, a cavalry scout squad leader, peers inside a store during a routine patrol in a small town outside Tikrit.

—Photo by SGT Matthew Acosta,



## ▲ Iraq

Task Force Baghdad Soldiers and contractors raise the new 3rd Infantry Division sign at division headquarters at Camp Liberty, replacing the 1st Cavalry Div. sign. The two divisions participated in a Transition of Authority ceremony on Feb. 27.

—Photo by SPC Emily Wilsoncroft



## ▲ Panama (top)

SGT Shayla Roney of the 326th Quartermaster Detachment sets up reverse-osmosis water-purification equipment in support of Exercise New Horizons 2005, a humanitarian-assistance project held in the province of Los Santos.

—Photo by Miguel A. Negron

## ▲ Afghanistan

SPC Scott Brennan, a medic with the 725th Main Support Battalion, examines an Afghan boy's throat during a cooperative medical-assistance mission in Sadak.

—Photo by SSG Bradley Rhen



## ► Germany

Members of the 1st Armored Division drive an M1 Abrams tank through the Tanus Mountains north of Frankfurt during Exercise Ready Crucible. This was the largest movement of American armored vehicles through German roads and farmland since the REFORGER exercises of the 1980s.

— Photo by Richard Bumgardner



## ▼ Philippines

A Soldier from the North Dakota Army National Guard's 142nd Engineer Bn. joins Philippine military personnel during a construction project undertaken as part of Exercise Balikatan 2005.

— Photo by Senior Airman Francisco Govea II, USAF





# Making a Differ

**C**PT Adil B. Elnour, an artillery officer with the New Hampshire National Guard's 197th Field Artillery Brigade, used to measure the success of a mission by hitting a target located miles away with a high-explosive shell, fired from his big guns.

Today he measures the success of his job in Iraq as a civil-affairs officer by the number of smiles he and the Soldiers in his unit receive as they visit small villages and towns in the Euphrates Valley, where they're helping people rebuild their lives.

He acknowledged that the change from his traditional duties as an artillery battery officer

---

MSG Lek Mateo is a member of the 56th Brigade Combat Team Public Affairs Office, Texas Army National Guard.





# ence in Iraq

Story and Photos by MSG Lek Mateo



Curious children surround SPC Brandon Laird of the 1st Battalion, 56th Brigade Combat Team, Texas Army National Guard, during a visit to their village in Baatah, Iraq.





▲ A Soldier of the New Hampshire National Guard's 197th Field Artillery Brigade receives a hug from a little Iraqi girl she befriended during her unit's tour in Iraq.

to a CA officer has been very rewarding. Instead of destroying targets down-range, he now finds himself overseeing the construction of schools, coordinating medical aide to local clinics and distributing goods donated by Americans at home.

"As artillerymen, our happiness comes from hitting the target,



but here in Iraq our happiness comes from being able to give people a chance to rebuild their lives," Elnour said.

He shares a bond with the Iraqi people whom he has come to know with fondness and respect for the courage and self-determination they've exhibited over the year he's worked with them.

A Sudanese immigrant who came to the United States with his parents when he was 10 years old, Elnour speaks Arabic fluently and understands the Muslim culture — which is why he was chosen as a brigade CA officer and given the responsibility of fostering a relationship with the community and assessing its needs.

Elnour said he will miss all the friends he made here when he and the other Soldiers of his unit return home. He said that being able to help people less fortunate than himself — especially the children, who are the future of Iraq — gives him the satisfaction of knowing he made a difference in their lives.

SGT Neil Mitchell has logged thousands of miles as a gun-truck commander, escorting convoys and conducting security patrols along the dangerous highways and back roads of Iraq over the last 11 months.

The seasoned noncommissioned of-



◀ The children of Zebin, Iraq, long had to make do with a mud-walled, one-room schoolhouse surrounded by open, muddy fields.

◀ A newly completed schoolhouse — funded by the Iraqi government — has taken the place of the earlier structure.





▲ Dressed in traditional garb, an Iraqi girl holds several Christmas ornaments given to her by Soldiers of the 197th FA Bde. during a holiday-season visit to her village.



▲ Schoolchildren greet MAJ Brian P. Stevens (*right*) of the 56th BCT and CPT Adil B. Elnour of the 197th FA Bde. during their visit to the newly completed, government-funded schoolhouse in the village of Abu Tabo.

ficer said he sees poverty and despair every time he leaves the camp on his many missions and can't help but feel compassion for the children who have so little and have suffered so much.


He guessed the impression he and other Soldiers would make as they distribute shoes to a group of children on this particular day would have a lasting, positive affect.

"I know that we're sowing the seeds for the future generation of Iraqis to look at Americans in a better way," Mitchell said.

Ensuring that the hard-earned trust and strong relationship developed between Soldiers of the 197th FA Bn. and the Iraqi

communities in the area is maintained will rest on the shoulders of MAJ Brian Stevens.

The civil affairs officer from the Texas Army National Guard's 56th BCT, 36th Infantry Division, was to assume the mission for CA projects from the New Hampshire Guard Soldiers when they return home.

Stevens said he and the Soldiers of the 56th BCT are ready for the challenging mission ahead and look forward to going out into the communities to continue the work of the New Hampshire unit. 



Iraqi construction workers mortar bricks into place for a wall of a schoolhouse that will be built to educate Iraqi children.

# Honing Search Skills in Iraq

Story and Photos by SPC Ismail Turay Jr.

As residents slept, Soldiers surreptitiously moved into the town to begin Operation Keystone Sweep. It was just after 5 a.m.



**I**N THE predawn hours of a chilly January morning, three units from the 1st Infantry Division and a Pennsylvania National Guard battalion prepared to do a sweep of As Siniyah, Iraq.

The small town, located just outside of the city of Bayji, is home to anti-Iraqi forces who are either actively involved in the insurgency or fund it, officials said.

The operation was intended to capture or kill insurgents and eliminate improvised explosive devices and other illegal weapons, in hopes of crippling the insurgency before the Jan. 30 election.

As residents slept, Soldiers from companies A and B of the Pennsylvania Guard's 1st Battalion, 111th Infantry Regiment, the 1st Inf. Div.'s Battery C, 1st Bn., 7th Field Artillery Regiment, and Headquarters and HQs. Company surreptitiously moved into the town to begin Operation Keystone Sweep. It was just after 5 a.m.

Co. A's orders were to raid a gas station, several homes and a warehouse in eastern As Siniyah. The company was

also responsible for searching vehicles in the area, said company commander CPT Anthony Callum.

Co. B was in charge of the western sector of the town, while Btry. C set up roadblocks to prevent traffic from entering or leaving. HHT recovered vehicles and provided logistical support, Callum said.

As they prepared for the mission, Co. A Soldiers said they were excited about their first major combat operation.

"I'm a little anxious," said SPC Stephen Madison of Philadelphia. "There is always going to be that worry about casualties, but every Soldier can do his job to the best of his ability."

Just before sunrise, all the troops and equipment were in position in the town, and the raids began simultaneously. Meanwhile, a group of psychological-operations Soldiers broadcasted a message in Arabic over loudspeakers, telling residents to remain in their homes and motorists to return to their houses.

In a housing complex, Co. A's third platoon kicked in doors of apartments where rebels reportedly lived.

A translator comforted families, assur-

ing them that their families would not be harmed and that the Soldiers only wanted information about rebels in the area.

At another house, Co. A Soldiers and troops from the 411th CA Bn. questioned the family of a known insurgent. The man's children claimed that they had not seen their father in several weeks, but they were clearly lying, the troops said.

As the Soldiers moved through the town, continuing to search homes, they treated residents with dignity and respect. The 411th troops carried with them hundreds of vouchers that were to be used to compensate home owners for any property damage that might occur.

Some of the Soldiers played with children and gave them candy and toys. Others took pictures with them, which the children seemed to enjoy most.

Co. A didn't encounter any insurgents,





▲ Soldiers from the Pennsylvania National Guard's Company A, 1st Battalion, 111th Infantry Regiment, prepare to raid a home during Operation Keystone Sweep in the Iraqi town of As Siniyah. The intent of the operation was to capture or kill insurgents and search for weapons.

nor did it find weapon caches during the 12-hour mission. However, there was a drive-by shooting in Co. B's sector. No one was injured.

Overall, the operation was successful, and the people of As Siniyah will benefit, Callum said.

"They were happy to see us out in force, because that will prevent the anti-Iraqi forces from entering the town," he said. "If anti-Iraqi forces are using As Siniyah, we didn't see them, but we sent a message that we are serious about security." 🇺🇸



▲ Soldiers take a break from their patrol in As Siniyah to have their pictures taken with one of the town's younger residents. Establishing good relations with local people is a key part of the American presence.



New structures have been erected for use as detainees living areas at Camp Bucca, replacing tents that are being phased out as construction continues.



# A Better Place

Story by SPC Brian Trapp

The coalition needed a facility in a safer location and one that was in better condition. Camp Bucca was available . . .

**T**HE Camp Bucca internment facility, located in southern Iraq near the Kuwaiti border, underwent numerous improvements over the last few months in preparation for its role as the Army's primary internment facility for members of anti-Iraqi forces.

Camp Bucca had been a makeshift enemy prisoner-of-war camp in the earliest days of Operation Iraqi Freedom, and many of its detainees had been Iraqi soldiers who surrendered during the coalition's initial push to Baghdad.

Soon after Saddam Hussein's ouster,

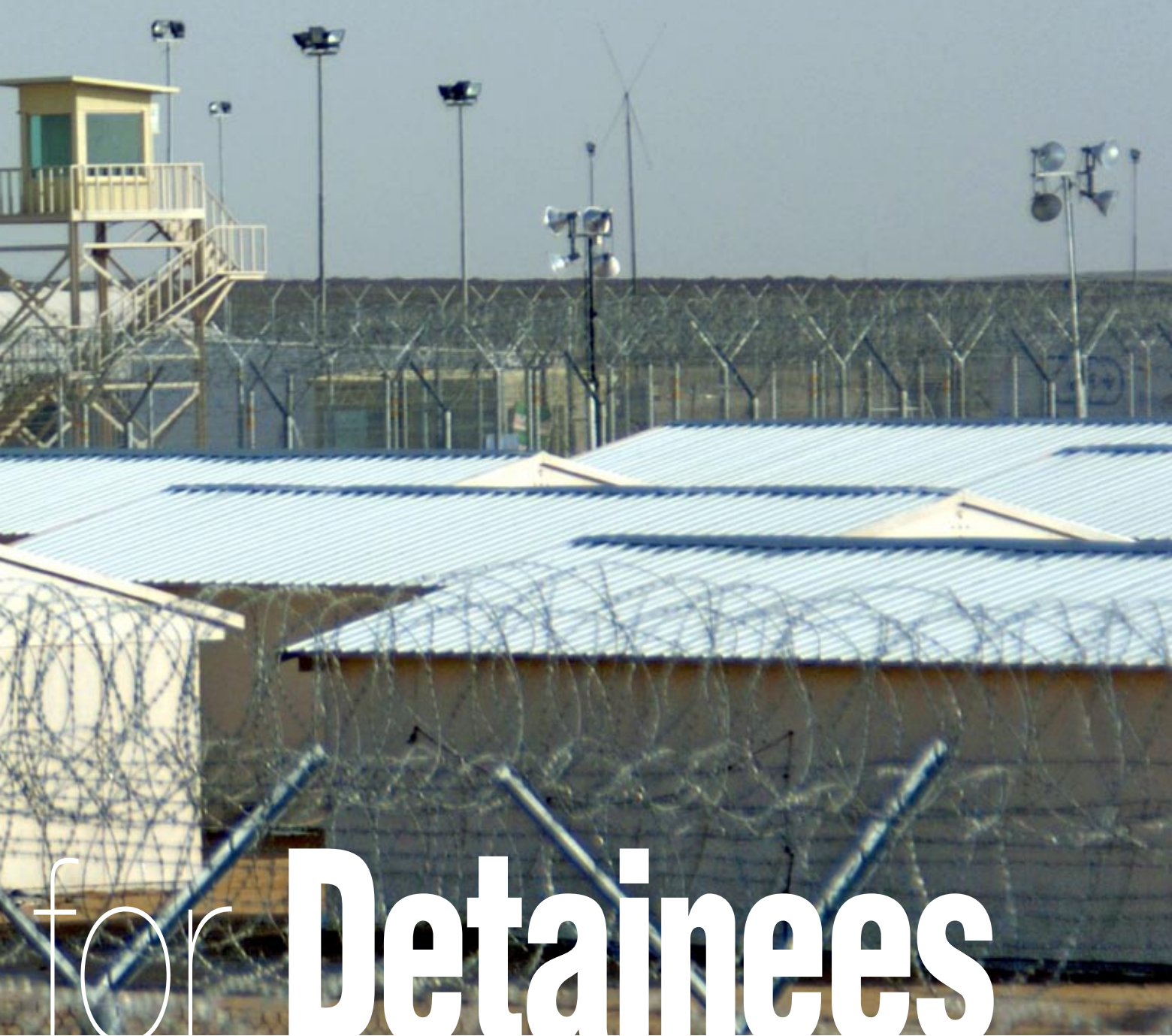
the Army abandoned the facility and focused its detention efforts on the now-infamous Abu Ghraib prison, which was much closer to the center of the insurgency.

By the time Abu Ghraib became a favorite target of the insurgents, the Army was already using Camp Bucca as a detention facility, as it needed a place safer than Abu Ghraib to hold suspected insurgents, Army officials said.

"Abu Ghraib was being attacked almost daily and was the target of vehicle-borne explosive-device and mortar assaults," said MAJ Ken Pierce, Camp

SPC Brian Trapp is a member of the 14th Public Affairs Detachment supporting the Coalition Forces Land Component Command in Kuwait.





# for Detainees

Bucca's public affairs officer and a member of the 160th Military Police Battalion. Since the end of May, Camp Bucca was attacked only once, and the rocket attack was unsuccessful.

Abu Ghraib wasn't being supplanted because of the abuses that had occurred there, Pierce said. The coalition needed a facility in a safer location and one in better condition, he said. Camp Bucca was available, but required considerable work.

"It was pretty primitive," said MSG Robert Chenoweth, battle NCO and weapons instructor at Camp Bucca. There has

been an ongoing effort to make improvements at the remote facility.

When Chenoweth first arrived at Camp Bucca, a triple-strand concertina-wire barrier was all that marked the facility's outer perimeter, he said. The detainees were housed in tents, and the guard towers were little more than open-air, plywood structures.

Chenoweth estimated that since then, more than eight miles of 15-foot-tall chain-link fence and spool upon spool of concertina wire have been erected. Besides a prisoner-confinement area, a family visi-

tation facility was also constructed.

Despite improvements in security, the MPs at the facility face the challenges of dealing with enough detainees to populate a small Midwestern town.

SSG Michael Kline of Camp Bucca's Assistant Detainee Operations Branch, 16th MP Brigade, said the Army's largest jail is at Fort Leavenworth, Kan., with a population of about 800 inmates. Camp Bucca houses about 4,000 detainees and is continually growing.

Such a large number of detainees





Every detainee at Camp Bucca has been served official papers indicating specific charges, and has been informed about his rights . . .

◀ A guard tower overlooks the improved Camp Bucca facility. Improvements at the facility include wood floors and air-conditioned buildings.

▼ MSG Jonathan Godwin, Internment Facility sergeant major with the 787th MP Battalion, 14th MP Brigade (left) and SFC Jay Grady, detainee operation branch chief for the internment facility, discuss the facility's future while checking up on the Soldier pulling his shift in the guard tower.



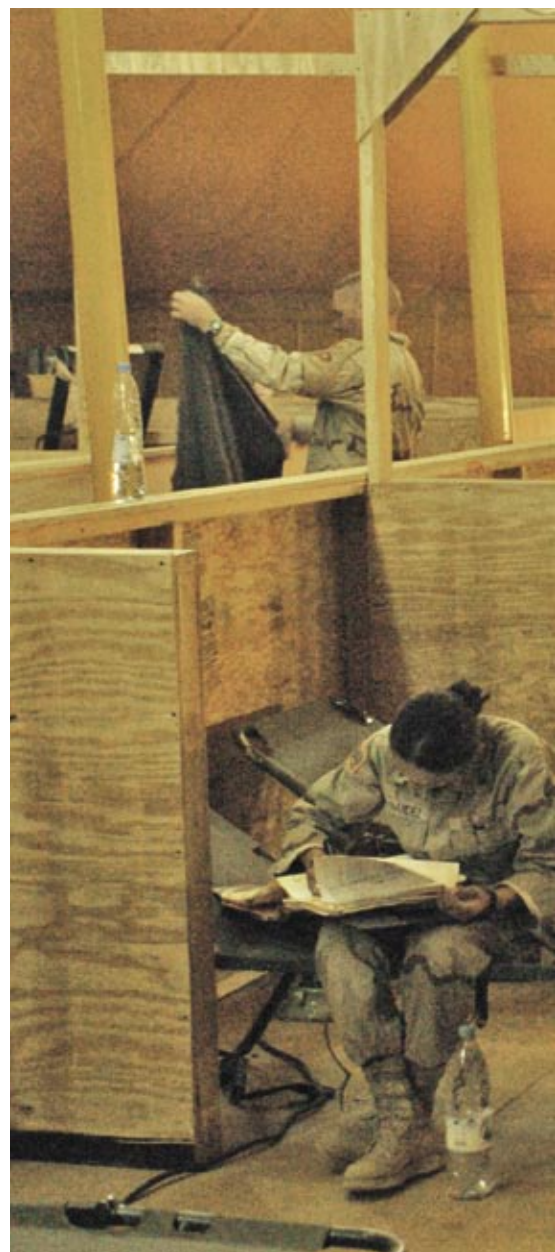
poses challenges, most significantly language and cultural differences, Kline said.

When portions of the improved Camp Bucca were completed, with wood floors and air conditioning, Kline said he expected to have trouble from the majority of detainees wanting to move into the new areas. But that was not the case.

Kline and others spent two days finding 600 detainees to move up into the air-conditioned areas, Kline said.

American inmates would have jumped at the chance to get out of the tents and into the cooler climate, he said.

People are detained at the facility for various reasons, including possession of such illegal weapons as mortars and





rocket-propelled grenades, planting improvised explosive devices and attacking multinational forces.

The amount of time a detainee spends at the facility ranges from a week to a year or more, Kline said. Detainees who have committed crimes against other Iraqi citizens are turned over to Iraqi authorities for prosecution.

Insurgents who can be prosecuted for attacks on multi-national forces also go through the Iraqi court and are transferred from coalition internment camps to the Iraqi prison system if they're convicted of charges against them.


Every detainee at Camp Bucca has been served official papers indicating

specific charges, and has been informed about his rights, Pierce said.

Cases are targeted for review within six months of a detainee's confinement, but are typically reviewed sometime during the first 60 days, unless the detainee is being prosecuted by the Iraqi courts or is being exploited for intelligence against the insurgency. Additional reviews occur every 90 to 120 days.

All detainees are processed through a combined review and release board. Nine people — six Iraqis and three coalition forces' field-grade officers — review the detainee's file to determine if he's served time commensurate with the charge or charges against him.

The board can reach one of three decisions: that the detainee continues to be interned, because he's a threat to the country's security; he's no longer a significant threat and is released; or he is a moderate threat and can be released with a signed statement from a respected member of his community that he will not commit another crime, said CPT Jeff Magruder, a detainee operations spokesman.

An education program is being developed at Camp Bucca to help detainees return to their communities upon their release as productive citizens who can contribute to the future of a free Iraq, said MSG Jonathan Godwin, internment facility sergeant major with the 14th MP Bde.'s 787th MP Bn. 



A large tent houses the medical facility that provides support to the detainees. Here, Soldiers take a break during a lull after detainee sick-call hours have ended.



## Story and Photo by SSG Bradley Rhen

**T**O GET backup from the big guns, all you have to do is dial “198-PAIN.”

Well, not literally. That’s the motto of Battery F, 7th Field Artillery Regiment. The unit owns the 155mm howitzers that stand ready at the edge of Forward Operating Base Salerno, Afghanistan, to rain steel on enemy targets at a moment’s notice.

Recently, the battery demonstrated its ability to reach out and destroy targets during a periodic show-of-force exercise. For several hours, the battery’s big guns

let loose a barrage of bone-jarring blasts that sent rounds screaming downrange and impacting into the side of a mountain several miles away.

It’s SPC Ontario Smith’s job to pull the lanyard and fire the rounds. And despite the tooth-rattling blasts he experiences every time he performs his job, he said he loves what he does.

“We get to sit back and blow things up,” Smith said, adding that he thoroughly enjoys the satisfaction that comes from knowing he can help fellow Soldiers and Marines who might need some backup if they get into trouble while out on patrol.

The battery, in fact, played a major role in reducing the number of rocket attacks on the base over the past few months, Smith said.

“We’re just like the police,” added gun chief SGT Ricardo Tucker. “If someone gets into trouble, they call us and we’ll help out.” The “198-PAIN” motto, Tucker

said, is like a call sign comrades downrange can use to call on the big guns.

Besides allowing the battery’s Soldiers to hone their skills and showcase the effectiveness of their weapons, the recent exercise allowed the unit to synchronize all the fire support assets in the area, as a show of force, said battery commander CPT Brendan Raymond.

Soldiers on the gun line had an opportunity to practice crew drills, as well as their individual tasks, to ensure rounds are fired accurately and safely, Raymond said.

Since the rounds hit a mountain outside the base, Raymond said coalition officials ensured local residents knew beforehand that training would

SSG Bradley Rhen is assigned to the CTF Thunder Public Affairs Office in Afghanistan.

A large 155mm howitzer is the central focus, positioned on a gravelly field. In the foreground, two soldiers in camouflage uniforms and helmets are visible; one is looking through a device, possibly a night vision or thermal imager. Another soldier is partially visible on the right. The background shows a hazy, mountainous landscape under a bright sky. The overall scene depicts a military operation in a field environment.

# FIRING the



A large, bright explosion is visible in the sky, with a massive plume of white smoke and yellow-orange fire. In the foreground, two soldiers in camouflage uniforms and helmets are standing near a large, dark, cylindrical object, possibly a cannon barrel. They are looking towards the explosion. The background shows a flat, arid landscape with some distant hills under a clear blue sky.

The bottom line remains . . . to demonstrate a show of force and discourage would-be troublemakers from making trouble . . .

be taking place, to prevent anyone from being too close to the target area and getting hurt.

Coalition officials are careful, too, to avoid causing any collateral damage, Raymond said.

The day before the exercise, the battery delivered humanitarian aid to villagers in the areas near the impact zone, to demonstrate to them that the coalition is in Afghanistan to help local inhabitants whenever possible — and not just to shake the foundations of their homes.


The bottom line remains, however, to demonstrate a show of force and discourage would-be troublemakers from making trouble, Raymond said.

Anti-governmental factions linger in the Khost area, he said, and the show

of force precludes them from attacking coalition forces or seeking safe haven in the area.

Such training also shows potential insurgents that if they do want to attack Afghan or coalition forces, the big guns will be put into action to disrupt and destroy them, Raymond said.

Smith said would-be terrorists are getting the picture. “I don’t think they want to come out and play around.”

Tucker said the battery definitely showed force during the exercise. “The sound of the guns travels far. Those who see the explosions realize they don’t want to mess around with these big guns.” 

SPC Ontario Smith, a cannon crew member with Battery F, 7th Field Artillery Regiment, pulls the lanyard on an M-198 155mm howitzer and sends a round downrange during a show-of-force exercise at Forward Operating Base Salerno, Afghanistan.

# BIG GUNS

# Safe Driver, Safe Soldier

Story and Photos by SFC Antony Joseph

“During training individual drivers go through exercises in controlled braking, evasive maneuvering, backing up in a straight line, serpentine weaving, off-road recovery, backing in a parking lot and a stint with the skid monster.”

**T**HE WORD accident, by definition, is an unplanned or unexpected event that can cause injury or loss of life. But, can the rate of recurrence of any such event be controlled or regulated?

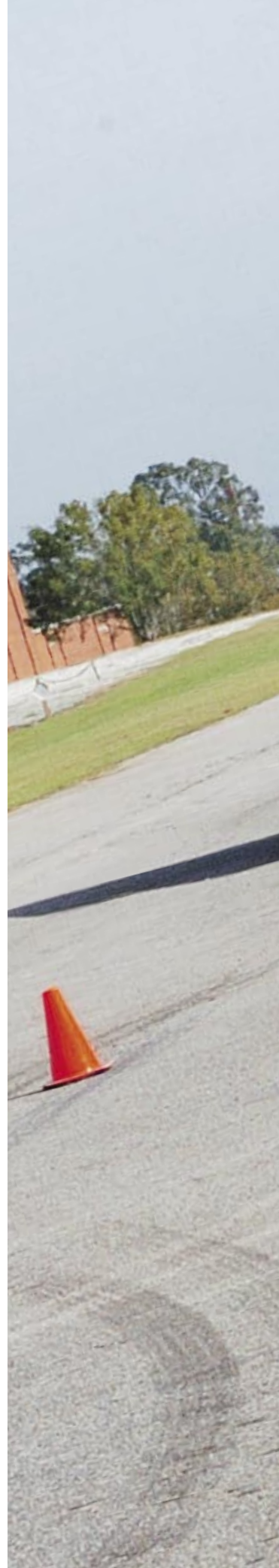
The answer is a resounding “yes,” according to COL Michael Powell, operations director at the U.S. Army Combat Readiness Center (formerly the U.S. Army Safety Center). Powell said that today most manufacturers have safety concerns uppermost in their minds when turning out products for the consumer. But, he said, the key to controlling accidents is educating consumers in how to handle the equipment safely.

“Statistics show that nearly 75 percent of all Army accidental fatalities have been caused by vehicular accidents, be it Army motor vehicles, combat vehicles or privately owned vehicles,” Powell said. “In all the accidents, driver errors such as speeding, fatigue and improper reactions have been major contributing factors. So a cultural change in life skills behind the wheel is needed to really quell this problem.”

The USACRC traffic section, in conjunction with General Motors, has decided to confront the problem head on.

“Safety consultants at GM had recognized similar driving problems, more than 10 years ago, and developed a training program for company employees and their dependants. The training was based on a program, which had been in existence for more than 40 years, to train members of the police forces and other emergency-vehicle drivers. The course is suitable for any type of vehicle and is designed to improve drivers’ reactions to unexpected driving situations,” said Jay Minotas, manager of GM’s safe-driving program. This program is now being developed and implemented throughout the Army.

Powell said that GM had supplied vehicles and experienced instructors to provide train-the-trainer courses throughout the country. The initial objective, he said, is to have at least one Advanced Skills Driver Course set up in each state, at willing installations. The early target group, he said, would be Soldiers in the 18 to 24 age group, identified as the most at-risk drivers. The program can then be expanded to cover all Soldiers, dependants







- ▲ (Main photo) A student maneuvers a vehicle through the serpentine.
- ▲ Instructor John Kolkmann takes a student through part of the evasive skills course.





▲ With the push of a button the training vehicle can be made to skid out of control.



▲ Attached to the vehicle's rear axle, the skid monster simulates skids in a variety of conditions.

and civilian employees. He added that there had been an overwhelming request for information, and safety personnel from installations worldwide are interested in the program.

"During training individual drivers go through exercises in controlled braking, evasive maneuvering, backing up in a straight line, serpentine weaving, off-road recovery, backing in a parking lot and a stint with the skid monster," said John Kolkman, safety manager of the Army Traffic Safety Program. The skid monster is an apparatus that is substituted for the back wheels of a front-wheel drive vehicle and can simulate skids in a variety of environmental conditions.

With the push of a button the instructor can dictate the condition and severity of a skid and then advise the trainee on the proper procedures for steering, braking and acceleration to drive out of the skid. Kolkman added that with many of the accidents in Iraq and Afghanistan occurring because of skids and drivers having to swerve to avoid obstacles, this training will be invaluable in teaching Soldiers how to react in various conditions.

"This training gives you the skills on how to react in times of stress, behind the wheel of a vehicle. It teaches you not to panic or overreact but to brake and steer correctly out of the situations you may find yourself in," said Carl Henderson, a train-the-trainer student at the advanced driver course conducted by GM at Fort Rucker, Ala. Henderson is the driver-training supervisor at Fort Carson, Colo., and plans to implement this training as soon as funding and resources are available.

"This training gives you the skills on how to react in times of stress, behind the wheel of a vehicle. It teaches you not to panic or overreact, but to brake and steer correctly out of the situations you may find yourself in."

"Along with the already available training, this hands-on course will be a real boon not only for the Soldiers, but also for the dependants from where tomorrow's Soldiers come. At the National Training Center at Fort Irwin, Calif., children travel about 40 miles to high schools on a pretty dangerous highway,

and this course can make them better prepared to react to situations they may face," said Mike Williams, NTC's safety director.

Powell said that Soldiers are entitled to excellent training and that every measure should be taken to protect their lives.

"This training will not only teach soldiers how to drive a car, but will also teach them skills that will help them handle nerve-racking situations better when operating combat vehicles." He added that drivers who are trained to avoid accidents will enhance accomplishment of the mission. 🚗



## Training At A Glance

### Controlled Braking

The controlled-braking exercise develops the ability to achieve maximum braking while still being able to control the direction of the vehicle.

### Straight-line Backing/Parking

The straight-line backing exercise develops the ability to back a vehicle in a straight line. In addition, the parking exercise demonstrates an effective method of safely parking the vehicle.

### Emergency Off-Road Recovery

In this exercise, the student recovers a vehicle back onto the roadway safely.

### Evasive Steering

The evasive-steering exercise illustrates that less time is needed to steer a vehicle around an object than is required to stop before striking it. The exercise also demonstrates the maneuvering capability and stability of the vehicle, as well as showing the drivers their capabilities and limitations in making such a maneuver.

### Serpentine

This exercise assists the student in learning the proper timing of steering inputs, coordination of throttle and steering (under steer, over steer), judging the relationship of the vehicle to fixed objects, reinforces the “3 and 9” hand position and develops “targeting” techniques.

### Skid Pad

Demonstrates the physics involved when driving in a situation when a skid could occur. It also develops the reactive attributes for recovery from a skid.

### Skid Control

The purpose of this exercise is to have the student recognize when a vehicle is in a skid and to regain directional control as soon as possible. This exercise also teaches that directional control can be achieved while driving in a curve or on a curved off ramp.

## Application Of Training

### Army Motor Vehicle Operation

From General Services Administration (GSA) vehicles to large semi tractor-trailers, this training translates to all types of vehicles operated inside and outside of the continental United States.

Commanders can use this training to ensure Soldiers can react appropriately to road hazards and are the most qualified individuals to operate the units' vehicles.

### Combat Operations

The training builds confidence and enables drivers to react quickly and properly and evade danger in combat operations. Vehicles used in theater include SUVs, sedans and tactical vehicles, to which all of this training applies.







### Privately Owned Vehicle Operation

Soldiers spend most of their driving time behind the wheel of their POVs. Additionally, POV accidents account for the majority of the Army vehicle accidents. The skills learned either in tactical or GSA vehicles translates to POV operation.

## Investment For Success

### The Standard Load for a Training Center

The list may vary with select locations:

-  Training staff of 4 minimum
-  Log pak supplies
-  1000' x 1000' blacktop surface
-  Four adequate GSA vehicles
-  Two skid monsters
-  Maintenance support location at training site

# FREEDOM







IS NOT  
FREE



MEMORIAL DAY

# Honoring

Story by MSG Lisa Gregory



A Soldier kneels in front of a memorial for SPC Joseph Herndon, who was killed in action July 29, 2004, while on patrol in Iraq. — Photo by SGT Eishaw Meade

Fort Stewart's Warrior Walk is dedicated to the Soldiers of the 3rd Infantry Division who made the ultimate sacrifice in Operation Iraqi Freedom.

— Photo by SFC Antony Joseph



# the Fallen

SINCE the beginning of American history many men and women have made the ultimate sacrifice in the name of freedom. Many stories have been written about them, memorials have been erected to them and streets have been renamed in their honor.

This Memorial Day many Americans will pay tribute to the service members who have died so others may live in freedom.

As of this printing, 1,059 Soldiers and civilians have died in the global war on terrorism. Here are just a few of the many tributes made to them across the country by their families, friends and comrades.

## Fallen Soldier Remembered in Iraq

*Story by SGT Eishaw Meade*

To many, SPC Joseph F. Herndon II may have seemed indestructible. This dedicated Soldier, assigned to the 25th Infantry Division's Company A, 1st Battalion, 27th Inf. Regiment, twice looked into the face of death and survived.

On April 7, 2004, as Herndon was fighting in a battle in Hawijah, Iraq, an RPG hit him in the chest and failed to detonate. On June 27, 2004, Herndon was wounded while on patrol when an improvised explosive device exploded next to his vehicle. For his selfless service, Herndon received two Purple Hearts and an Army Commendation Medal with V device.

Then, some might say, when it seemed as though the hard part was over and things were winding down, tragedy struck. Upon returning to Iraq after spending time with his wife Melaine, Herndon was killed during a sniper attack July 29, 2004, while pulling security during a patrol north of Hawijah.

Herndon was remembered by his fellow Soldiers at a memorial service held in August 2004 at the Kirkuk Regional Airbase.

Herndon was posthumously awarded a third Purple Heart and a Bronze Star, the nation's fourth highest award for valor in combat.

SGT Eishaw Meade is with the 25th Infantry Division Public Affairs Office.

# Hundreds Remember Soldiers Killed in Mosul

Story by Bob Reinert

Hundreds of family members, friends, fellow Soldiers and dignitaries gathered for a memorial service at Fort Lewis, Wash., in December to pay tribute to six Soldiers who were killed in an explosion at Camp Marez in Mosul, Iraq.

Among the 22 killed in the suicide blast, which occurred during lunchtime at a crowded dining facility, were: CPT William W. Jacobsen Jr.; SSG Julian S. Melo; SSG Darren D. VanKomen; SSG Robert S. Johnson; SPC Jonathan Castro; and PFC Lionel Ayro. All were members of the 1st Brigade, 25th Inf. Div., from Fort Lewis.

"They represent the best of the sons and daughters of America," said LTG Jim Dubik, I Corps and Fort Lewis commander.

"All six of these men answered a higher calling when the nation asked, 'Whom shall I send?'" said MAJ Timothy Gauthier, a Fort Lewis Soldier. "They did not ask why.

"I know that we will forever honor these men. They shall never be forgotten," said Gauthier, who called the bombing "a singular cowardly and despicable act."

1SG Carlon Addison said the comrades they left behind would carry on for the six departed Soldiers. "We know that our mission must continue. These men would have done the same and expected nothing less from us."

Bob Reinert is with the Fort Lewis Public Affairs Office.



Jason Kaye

Pipers play Amazing Grace during the memorial service at Fort Lewis for six Soldiers killed in the dining facility at Forward Operating Base Marez, Iraq.

The following stories are from the Soldier Stories page and can be found at

[www.army.mil](http://www.army.mil)

## Camp Dedicated to Fallen Scout

Camp Muleskinner, home of the 2nd Armored Cavalry Regt.'s support squadron, has a new name.

The forward-operating base was re-named Camp Cuervo in memory of PFC Ray D. Cuervo of A Troop, 1st Squadron, 2nd ACR, at Fort Polk, La. Cuervo was killed while guarding a gas station in Baghdad, Iraq, on Dec. 28, 2003. He was posthumously awarded the Bronze Star, Purple Heart and Army Achievement Medal.

"Cuervo was one of many Soldiers serving a cause greater than his own," said LTC Mark Calvert, 1st Sqdn. commander. "A cause that often demands great personal sacrifice and, in Ray's case, the ultimate sacrifice."

During the ceremony, a marble pyramid was unveiled in Cuervo's honor.



BG Vincent Brooks salutes a fallen Soldier display for SGT DeForest Talbert, an Alexandria, Va., native who was killed in Iraq in 2004.

## Veterans Remembered

Story and Photo by SGT Lorie Jewell

At T.C. Williams High School in Alexandria, Va., they called him "Touchdown Talbert" for his prowess on the football field.

On Veterans Day, 2004, SGT DeForest Talbert was remembered as an American hero who paid the ultimate price for his country.

Talbert, a member of the 1st Bn., 150th Armored Regt., of the West Virginia Army National Guard, died July 27, 2004, in Baladruc, Iraq, after an improvised explosive device went off near the Humvee he was riding in.

It was standing room only in the Alexandria Black History Museum when dozens of citizens, community leaders, veterans and active-duty Soldiers joined family and friends of Talbert for an emotional tribute to all who have served.

"I'm very proud of my son, but I do miss him," said an emotional Gloria Talbert. "I just thank God for the opportunity to be here and for the people who remember him and all of the other Soldiers."

SGT Lorie Jewell wrote this article while serving as an augmentee to the Office of the Chief of Public Affairs.





Lindsay Huff, a metalsmithing major at Syracuse University, takes a moment to examine a display called "To Never Forget: Faces of the Fallen." Begun by students at California's Marin College, the exhibit was enlarged by Syracuse staff and students.

## FOB Warhorse Dedicates Faulkenburg Theater

Story by SGT Matthew Acosta

"My first memory of CSM Steven W. Faulkenburg was in Kosovo at Friday-night burger-night," said LTC Peter A. Newell, commander of the 2nd Bn., 2nd Inf. Regt., 1st Inf. Division. "Somewhere between 8 and 10 p.m. you could see him at the movie theater with his Soldiers around him. It was probably one of the few times you caught the guy standing still."

The Faulkenburg Theater, a morale, welfare and recreation facility at Forward Operating Base Warhorse in Ba Qubah, Iraq, was opened to Soldiers and base personnel Jan. 25.

Faulkenburg was killed in action Nov. 9, 2004, during the initial days of combat in Fallujah, Iraq.

"He was small in stature but a giant among men," said SSG Sean Fitzwilliam, a division chaplain's assistant. "He loved his Soldiers and his Soldiers loved him."

The Faulkenburg Theater provides Soldiers a place to see movies donated by the Army and Air Force Exchange Service.

SGT Matthew Acosta is with the 22nd Mobile Public Affairs Detachment.

## Army Dedicates Simulation Center

The Army's former Simulation and Training Technology Center in Orlando, Fla., was renamed in November 2003 in honor of SFC Paul Ray Smith, a Floridian who died in Operation Iraqi Freedom.

Smith was killed in battle on April 4, 2003. His unit, the 11th Engineer Bn., 3rd Inf. Div., was assigned the task of establishing an enemy prisoner-of-war holding area and was aggressively counter-attacked by a large Republican Guard unit near Baghdad International Airport. The unit was pinned down within minutes.

Several vehicles were out of action, and some Soldiers were down. Smith climbed aboard a damaged armored vehicle, and under intense fire managed to get a .50-caliber machine gun working, providing cover fire while the wounded were evacuated.

Smith died while saving numerous others. "Smith's actions set the conditions to get control and restore the scene," said 1SG Timothy Campbell. "His actions changed the course of the fighting that day."

In November 2004 the Suncoast District of the U.S. Postal System named its first post office branch after an individual. The Holiday, Fla., branch office features a plaque dedicating the office to Smith, as well as photos and a five-part story detailing his actions in combat.

Smith was awarded the Medal of Honor for his actions in combat. [See this issue's back cover for a more detailed tribute.]



Birgit Smith and 3rd Infantry Division CSM William Grant admire the plaque in honor of SFC Paul Ray Smith that will be placed in the Holiday, Fla., post office.

SGT Lorfe Jewell





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# A Family Like No Other

Story by MSG Lisa Gregory

**I**NSIDE the National Museum of American History in Washington D.C. is the Price of Freedom exhibit, which honors past and present members of the armed forces. One part of that exhibit includes a Medal of Honor recipients' flag signed by more than 600 Soldiers, Sailors, Marines and Airmen currently serving in Afghanistan and Iraq.

For MAJ Alfred Rascon, a Medal of Honor recipient and the owner of the flag, these service members represent an extension of his already vast military family.

"I took the flag with me to Afghanistan and Iraq and had everyone I met or talked to sign it," said Rascon. "It didn't matter who they were or what service they were in. Then we'd hang it up inside the C-130 so everyone there could see who had signed

it before them. It became important for me to carry this flag. But when I returned home, I wasn't sure what to do with it, so I was glad when the Smithsonian curator called to see if I'd like to donate it for the exhibit."

Rascon received the Medal of Honor in 2000 for his actions as a medic with the 173rd Airborne Brigade in Vietnam in 1966. After suffering injuries in combat, he left active duty in 1966 and joined the Reserve. He was commissioned in 1970. In 1985 he again left military service and

eventually became the director of the Selective Service Administration. In 2002 Rascon returned to active duty as an individual mobilization augmentee.

"The greatest moment for me was being allowed to deploy to Afghanistan and Iraq," said Rascon. "I went as a medical adviser, but of course when the Soldiers learned that I had received the Medal of Honor, I was asked to visit the different camps and talk with the troops."

It was during these visits that Rascon watched his military family

◀ Soldiers and other service members in Iraq and Afghanistan were given the opportunity to sign a Medal of Honor flag carried by MAJ Alfred Rascon, who received the Medal of Honor for his actions in Vietnam. The flag was later donated to the National Museum of American History in Washington, D.C.

➤ In some areas Soldiers waited in line for the chance to sign Rascon's flag. The Medal of Honor recipient visited with service members at dozens of camps.



“I learned a long time ago, in Vietnam, that the quality of the Army is based on you, the individual, not where you come from, or the color of your skin. And I believe that to be the same today.”

grow. “There’s camaraderie among Soldiers that most people don’t understand. Here I was in Afghanistan and Iraq, talking with these guys and remembering what it was like when I was in Vietnam. I felt connected to them.

“There were some medics who had been in Iraq from the beginning, and we would talk about what they had seen and done,” Rascon said. “I understood what they were going through. It’s hard to see another Soldier get hurt in a firefight. You have to be right there to help them through it,” he said. “I think it helped them to talk about their experiences with someone who had been through the same thing.

“I also visit the injured at Walter Reed when I’m there,” said Rascon, who is currently on medical hold status with the hospital. “They really appreciate me stopping by and talking or sometimes just being there with them. It’s hard, especially visiting the ampu-

tees. It brings back memories of my time in Vietnam and what I saw there as a medic, and my own injuries.”

Rascon said sometimes just being there brings Soldiers closer. “I think when they see me they know I’ve been through it too, and there is a connection for us. Once I went in to visit a Soldier who wouldn’t talk to anyone there,” he said. “I visited with him and he began telling me about what had happened to him. As I was leaving everyone wanted to know what he had said, and I told them that conversation was between me and that Soldier. That Soldier made me feel like I was part of his family, and I feel honored that he felt he could share his feelings with me.”

Since coming back on active duty, Rascon’s outlook on being a role model for others has changed. “I never considered myself a role model, but in reality I guess I am,” he said. “I’ve always felt that the biggest thing I’ve

accomplished in life was my time in the military. And now as a Medal of Honor recipient I have a chance to talk to people about what I’ve done, both in the military and with the selective service. People have even joined the military after seeing what I’ve done with my life.”

Rascon said the Soldiers he’s served with since Vietnam have always epitomized the Army values, especially loyalty. For him that’s what makes the military so unique and gives it a true feeling of family.

And it would be that same family that would see to it that he would eventually receive the Medal of Honor.

“During Vietnam the award system was kind of hit and miss. My NCO had said he was going to nominate me for an award, but I didn’t really expect anything to come of it,” he said. “A few years later I saw him again and he asked if I’d heard anything. I didn’t have any idea what he was talking about. Then in 2000 I got a call that I was going to receive the Medal of Honor. That NCO had tracked down the paperwork and made it happen. To me, that’s family.”

Rascon said that experience summed up a lesson he learned years ago. “I learned a long time ago, in Vietnam, that the quality of the Army was based on you, the individual, not where you come from, or the color of your skin. And I believe that to be the same today. That’s what makes every Soldier part of something bigger, a family only they understand.”

◀ In Kirkuk, Iraq, Rascon signed a banner at the medical detachment. He traveled throughout the country to speak with Soldiers and other service members about his experiences.







▲ Rascon not only got to share his military experiences with Soldiers, he also had the opportunity to re-enlist several during the time he spent in Iraq.

## *A Soldier's Soldier*

**M**AJ Alfred Rascon received the Medal of Honor for his actions in South Vietnam on March 16, 1966, while serving in a reconnaissance platoon of the 173rd Airborne Brigade as a specialist fourth class.

An Army medic, Rascon intentionally placed himself between a wounded machine

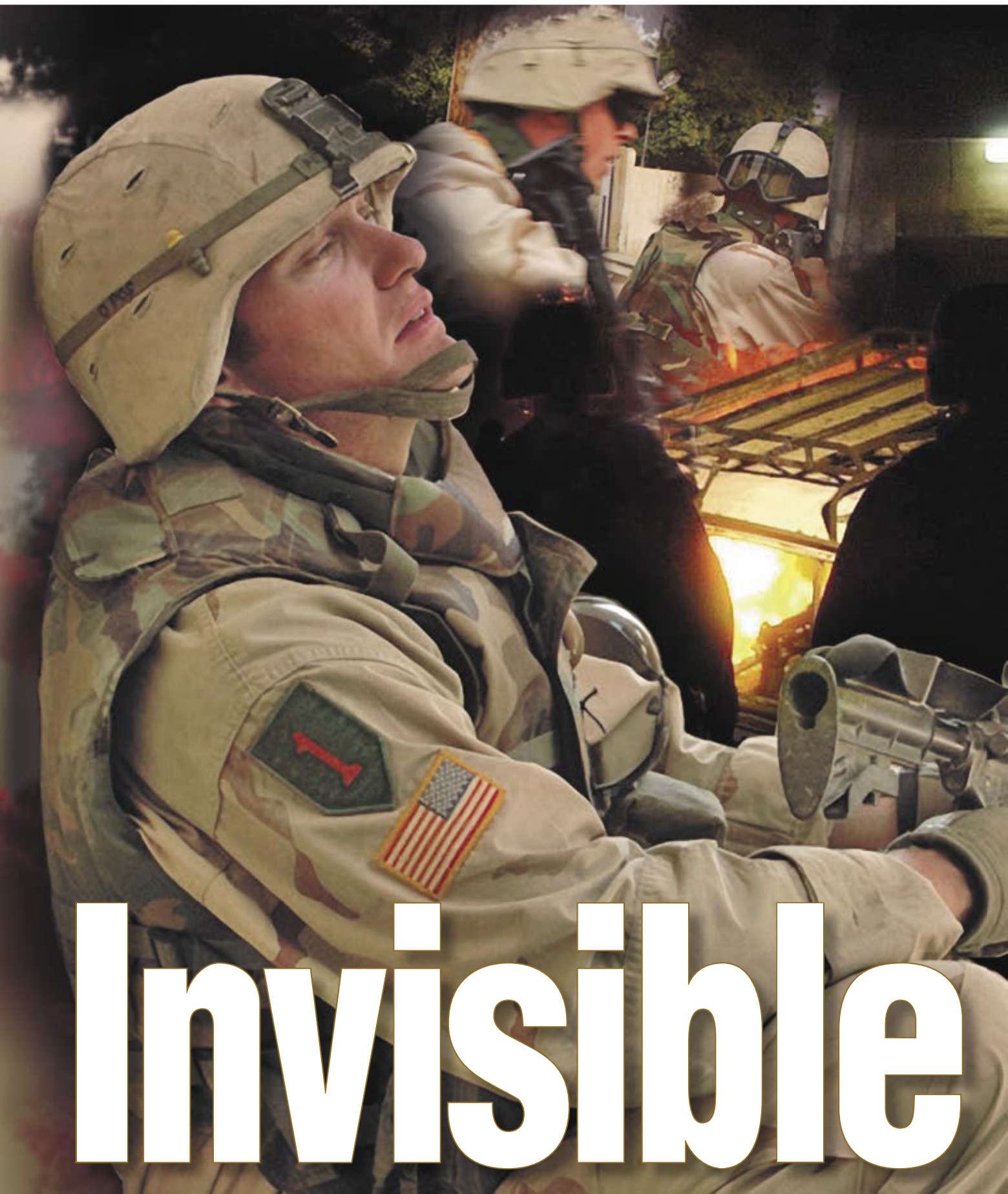
gunner and enemy gunfire and, although severely wounded, dragged the larger Soldier to safety. He then again exposed himself to enemy fire to carry the wounded gunner's weapons and ammunition to other Soldiers so they could provide suppressive fire.

Again leaving protective cover, Rascon continued to search for and aid his wounded comrades, twice using his own body to shield injured Soldiers from grenade explosions.

After the enemy broke contact, he directed the treatment and evacuation of his fellow Soldiers, refusing aid for his own wounds until all the others had been cared for.

Rascon received the Medal of Honor in 2000 for his valor in the face of enemy fire, his heroism in rescuing the wounded and his gallantry by repeatedly risking his own life for his fellow Soldiers.





# Invisible





**T**HEY drown in memories and dodge nightmares through insomnia. Some panic about nothing; others withdraw. The war Soldiers fight in Iraq and Afghanistan still rages in many of their minds after homecoming. For them, the trauma of war has opened invisible wounds.

A 2004 study conducted by researchers at the Walter Reed Army Institute of Research found that 15 to 17 percent of Soldiers returning from war may develop post-traumatic stress disorder.

“We ask Soldiers to kill the enemy, an enemy who is also trying to kill them. This has huge health consequences,” said Dr. (LTC) Carl A. Castro, who assisted in the research.

PTSD is a psychiatric disorder that can occur after the experience of such life-threatening events as combat, natural disasters or terrorist incidents, according to the National Center for PTSD.

Signs may be as subtle as a loss of interest in things the Soldier once enjoyed, or as startling as a racing heartbeat. While Soldiers should expect some irritability and trouble sleeping during the first month after redeploying home, readjustment should soon follow, said Dr. (LTC) John Bradley, chief of outpatient psychiatry at Walter Reed Army Medical Center.

“What we know about trauma and PTSD is that it runs a natural course,” said Bradley. “Most of its symptoms gradu-

◀ The constant stress, anxiety and fear that are hallmarks of combat may lead to post-traumatic stress disorder in any Soldier, no matter how long he has served.

▶ SPC Stephen Lewis, SSG Nicholas D. Danielsen and SSG Jimmy Amyett, cavalry scouts from the 1st Infantry Division, fight their way through Fallujah, Iraq. How Soldiers cope with the stress and anxiety of such duty may influence their risk for and the severity of PTSD symptoms.



SGT Kimberly Snow

# Wounds

Story by Beth Reece



Shane A. Cuomo

◀ A mortarman sends a 120mm round downrange during fighting in Iraq. The sounds of war — explosions, small-arms fire, etc. — may heighten Soldiers' anxiety even after redeployment.

ity, depression and hyper-vigilance.

Avoidance follows.

"As a result of the re-experiencing and the physiologic distress, people may avoid incidents that remind them of the trauma. They might avoid people who cause recollections or avoid certain situations altogether," he added.

Difficulty driving through traffic can cause heightened anxiety for Soldiers who've been exposed to explosive devices, for example.

But why would two Soldiers experiencing the same event react differently?

"That's an age-old question — one that I don't think anyone has a good answer for. It goes into the whole nature-nurture issue," Bradley said.

Evidence suggests that previous life experiences may lead to certain vulnerabilities for PTSD, he said. Prior exposure to childhood abuse and violence can lower a person's threshold for trauma, rather than build resilience. And those with poor coping strategies are also at higher risk.

"Does that leave us with the

hypothesis that only the weak and exposed develop PTSD? On the contrary," Bradley said. "People who are otherwise resilient, resourceful and well-adjusted can also develop symptoms."

Symptoms for many of the Soldiers seen at Walter Reed stem not from a single traumatic event, but from repeated exposures to such dangers as explosive devices or the constant sound of mortar attacks in the background. Repeated exposure can aggravate the nervous system to the extent that a person feels the need to be on constant guard.

"This is a normal reaction — one that leads to self preservation," Bradley said.

## Fear of Help

Of Soldiers who responded positively for mental disorders in WRAIR's study, only 23 to 40 percent sought medical help.

"The study put a number on the degree of stigma and types of barriers that keep Soldiers from seeking help. It certainly highlighted the need to establish a mechanism for getting help that Soldiers would perceive as safe," Castro said.

Soldiers reported fears of embarrassment and being perceived as weak, along with concerns of harming their careers.

"The reality is, that's just not the case," Castro said.

Seeking mental help does not harm Soldiers' security clearance, deployment status or mission capability, added Bradley.

"Unless there's been an impact on the Soldier's judgement, they've misbehaved or been deceitful, then

ally resolve. A person who still has symptoms after 30 days needs to seek help."

## You're Not Crazy

"Nowhere else in human experience are you asked to be exposed to violence and to perpetrate violence on such an extreme level as in warfare," Bradley said. "So it's perfectly natural for Soldiers to be distraught by these things."

The effects of trauma fall into three categories: re-experiencing, physiologic distress and avoidance. As nightmares or obtrusive recollections occur, the body responds with such symptoms as anxiety, irritabil-



SGT Matthew Acosta

◀ Soldiers at a forward operating base in Iraq bow their heads in respect during the opening prayer of a dedication ceremony marking the opening of an MWR facility named in honor of a fallen comrade. While Soldiers will probably never forget their traumatic combat experiences, they can adjust their reactions to troubling memories.





▲ Soldiers of the 1st Infantry Division's 7th Field Artillery Regiment rest and regroup after searching an apartment complex in Bayji, Iraq. Taking the opportunity to talk about shared experiences can help Soldiers work through emotions and ease post-combat stress.

there's no danger," he said, noting that physicians are not obliged to notify commanders of evaluation results for Soldiers who are self-referred.

## Treatment

Quelling PTSD is more about learning to cope than applying a specific cure.

"Somewhere between cure and cope is what we aim for. The memory of trauma doesn't disappear, but a person's reaction to that memory can change," Bradley said.

PTSD is treated with psychotherapy and/or medication. Talking about the experience helps individuals to see trauma from other perspectives and work through emotions. Drugs can ease depression, anxiety and insomnia.

"Our goal is to minimize the traumatic experience and minimize the symptoms to lessen the risk of long-term problems," Bradley said. "Here, we try to be comprehensive and offer the full spectrum of treatment."

All Soldiers are screened for depression, substance abuse and exposure to trauma during redeployment. Those with positive results are referred to mental health professionals for in-depth evaluations.

Soldiers who fear that seeking help

for PTSD symptoms could jeopardize their careers may call Army One Source to speak to a licensed, professional consultant. Calls are confidential unless the individual indicates he may harm himself or others. Access codes are available at [www.armyone-source.com](http://www.armyone-source.com).

Deployed Soldiers have access to combat stress-control teams. When

Seeking mental help does not harm Soldiers' security clearance, deployment status or mission capability . . .

the 25th Infantry Division deployed to Iraq last year, its CSCT followed to help minimize stress and battle fatigue. The team's commander, CPT Todd Yosick, attributes the fact that the division had no suicides and no combat stress evacuations to its "aggressive prevention program."

"Approaching combat stress as a

normal part of the combat experience has had a significant impact on eradicating a negative stigma toward combat stress-control measures, enhancing our Soldiers willingness to seek help," Yosick said.

Though PTSD symptoms were recorded in medical literature as far back as the Civil War, little research was done on the disorder until the Vietnam War. In 1989 Congress mandated the creation of a National Center for PTSD under the Department of Veterans Affairs.

Today the NCPTSD offers support and assistance to Soldiers suffering from PTSD symptoms. NCPTSD's Web site, [www.ncptsd.org](http://www.ncptsd.org), provides information on diagnostic evaluations and can link Soldiers with VA medical centers that offer specialized PTSD programs and readjustment counseling.

"Our society has difficulty with mental illness and mental-health care, but Army leaders want to destigmatize it enough so that people understand they're not crazy if they have PTSD, nor are they ill-suited for the military," Bradley said. "It's like doing PMCS on your vehicle or weapon — you have to do the same things to yourself to remain mission capable." ■

*In preparation for deployment to Kosovo as part of Kosovo Force 6B, all Soldiers must first go through training at Hohenfels, Germany. There they participate in training situations to prepare them for their deployment. Among the situations Soldiers encountered during training were riot-control responses, quick-reaction-force situations and participating in a town patrol. 🇸🇮*



▲ SPC Anthony Vasquez of Company A, 578th Engineer Battalion, tries to keep warm during a break from guard duty.



▲ Soldiers keep a wary eye on “protestors” during riot-control training.

► SPCs James Dumbrowski and Mustafa Poutemour stand guard along the town streets during a patrol exercise.







▲ Soldiers subdue a “suspect” during a “snatch-and-grab” exercise.



◀ SGT Ricky Broaddus of the 578th tries to stay warm during a long patrol.

Mail photo submissions for Sharp Shooters to: **Sharp Shooters, Soldiers, 9325 Gunston Road, Ste. S108, Fort Belvoir, VA 22060-5581**. Digital images should be directed to: [lisa.gregory@belvoir.army.mil](mailto:lisa.gregory@belvoir.army.mil). All submissions must include an introductory paragraph and captions.

### PROTECTING YOUR RIDE


AUTO technicians say the key to keeping vehicles in top shape is routine maintenance, yet many drivers stall when it comes to keeping up with everyday auto basics.

A recent Car Care Council survey of personally owned automobiles found that:

- 🔧 54 percent had low tire pressure;
- 🔧 38 percent had low or dirty engine oil;
- 🔧 28 percent had inadequate cooling protection;
- 🔧 19 percent needed new belts;
- 🔧 16 percent had dirty air filters;
- 🔧 10 percent had low or contaminated brake fluid.

Many motorists also neglect general car care. Routine, basic cleaning protects cars from natural elements that harm the finish, and can boost the resale value and eliminate end-of-lease, excess-wear-and-tear charges.



 For maintenance schedules, car-care articles and more, check out [www.carcarecouncil.org](http://www.carcarecouncil.org).

### Dos and Don'ts for a Do-It-Yourself Wash:

- ❌ Don't wash cars in direct sunlight. Wash them in the shade or in cooler temperatures in the early morning or late afternoon.
- ❌ Don't use dish detergent, which contains harsh chemicals that can strip away the wax finish and leave streaks. Use a formulated car wash that gently lifts dirt and grime while protecting the finish.
- ❌ Use warm water and a soft terrycloth towel or washing mitt.
- ❌ Don't scrub the car all at once. Complete one section at a time, rinsing repeatedly to prevent the soap from drying on the paint.
- ❌ Use soft terrycloth towels or scratch-free fabric to dry the vehicle.
- ❌ Wax the vehicle at least twice a year for maximum protection. Prep car for waxing with a cleaner or polish to remove contaminants.
- ❌ Take winter-worn cars in for undercarriage cleaning to remove built-up salt, cinders and sand.

— Car Care Council

### CARING FOR THE FLAG

DISPLAYING the American flag is a good show of patriotism, but what do you do when yours is looking worn?

Flags that are faded or damaged should be retired and replaced. The U.S. Flag Code suggests: "When a flag has served its useful purpose it should be destroyed, preferably by burning." This should be done discreetly so the act of destruction is not perceived as a protest or desecration.

The flag may also be washed or dry-cleaned, depending on the material.

Many American Legion posts will observe Flag Day on June 14 by conducting ceremonies to dispose of unserviceable flags. The ceremonies create a dignified and solemn occasion for the retirement of unserviceable flags. For more information, go to [www.legion.org](http://www.legion.org).

— American Legion



## BEFORE YOU FLY

SOLDIERS who take prohibited items to security checkpoints at airports may be prosecuted. Soldiers who do so while performing official duties may also be subject to disciplinary action under the Uniform Code of Military Justice.

"There has been a 100-fold increase in the number of Soldiers attempting to carry prohibited items on commercial air carriers over the past year, said Chet Spangler, an air-traffic-control specialist with the Army's Aeronautical Services Agency. "These Soldiers are in some cases arrested by local police before being released to continue their travel."

According to the U.S. Code of Federal Regulations, a person who attempts to carry prohibited items on an airplane is subject to a \$10,000 civil penalty, and violations committed by Soldiers in the performance of official duties require the Transportation Security Administration to refer the case to appropriate military authority for processing.


Commanders are strongly encouraged to thoroughly brief Soldiers on which items are prohibited when traveling on civilian air carriers, to prevent future violations.

Firearms, ammunition and firearm parts may be transported only in checked baggage. According to the TSA, such items must be declared to the air carrier during check-in at the ticket counter.

Firearms must be unloaded and stored in a hard-sided, locked container. Travelers must also provide keys or combinations to locked containers and remain present during screening. Ammunition must be securely packed in fiber, wood or metal boxes. A magazine is not considered packaging.

Because air carriers may have their own additional requirements, travelers should also contact air carriers regarding firearm and ammunition policies.

Additional guidance — stated in HQDA (DAMO-AOC) Message DTG 130744ZMAR04, Subject: Soldier Violations of Transportation Administration Security (TSA) Regulations — is available on the USAASA Web site.

 To visit the USAASA Web site, go to [www.usaasa.belvoir.army.mil](http://www.usaasa.belvoir.army.mil). Select "Airspace," then select "Transportation Sec."



## BIG BUSINESSES WANT YOU

IRAQ and Afghanistan vets looking for civilian jobs might want to target companies looking for them. Firms such as Maytag, Home Depot, Toyota North America, Colonial Life Insurance and Time Warner Cable are a few of the firms that want to hire veterans.

"Veterans have great discipline," said Art Learnmonth, president of Maytag Services, in an Associated Press article. "They have great technical skills. They understand how to follow orders and follow procedure."

Maytag wants vets as appliance-repair technicians. It offers four weeks of classroom training and four to six weeks in the field with a mentor.

Home Depot has a program called Operation Career Front, while Toyota North America's is Hire a Hero. Colonial Life Insurance and Time Warner Cable offer jobs to disabled vets.

More information on employment can be found by visiting these Web sites:

 Maytag  
[www.maytag.com/mths/our\\_company/default.jsp?partner=none](http://www.maytag.com/mths/our_company/default.jsp?partner=none)

 Home Depot  
<http://careers.homedepot.com/military>

 Toyota  
[www.etoyota.com/joblink](http://www.etoyota.com/joblink)

 Time Warner Cable  
[www.timewarnercable.com](http://www.timewarnercable.com)

 Colonial Life Insurance, email  
[jobs@unumprovident.com](mailto:jobs@unumprovident.com)

or write to: Colonial Life and Accident Insurance Co.,  
Attn: Human Resources, P.O. Box 1365, Columbia, SC 29202.

— Veterans of Foreign Wars



CPT Jason Barnhill prepares environmental swabs for DNA extraction during the FIBWA course.





# Bio-Warfare Detectives

Story by Caree Vander Linden    Photos by Steve Ferendo

Field Identification of Biological Warfare Agents — FIBWA

**T**HE narrow gravel path leads to a cluster of ISO shelters at Fort Detrick, Md. A brown sign identifies the compound as the “Field Identification of Biological Warfare Agents — Laboratory Training Site.”

Inside, the air conditioning is blasting while music plays from a portable stereo. Two laboratories, each with four workstations, adjoin a central conference room.

In this setting, eight students will learn to set up, maintain, and operate a deployable laboratory under field conditions. The four-week, hands-on FIBWA course offers training in the most advanced field technologies to confirm the field identification of biological-warfare agents.

Developed by the U.S. Army Medical Research Institute of Infectious Diseases, FIBWA is the only course of its kind in the Department of Defense.

“FIBWA grew out of the need for battlefield detection of BW agents,” said Dr. Mark Wolcott, head of the Field Operations and Training Branch in USAMRIID’s Diagnostic Systems Division.

Carrie Vander Linden is the USAMRIID public affairs officer.

sion. “As field detectors were developed and deployed, the ability to confirm what the detectors were ‘seeing’ was crucial to add confidence for battlefield, medical, and national command authority decisions. The requirement for a deployable BW agent confirmation laboratory was born.”

Nearly 200 students have attended the course since it was first offered in 1999.

To ensure the training stays on the cutting edge, concepts of operations, diagnostic materials, equipment and technology are continually evaluated and transitioned into the field.

## Hands-On Training

Students spend the first two days of training learning the history of biological warfare and receiving briefings on laboratory concepts, current techniques and field-laboratory operations. The fundamentals of biological safety are also introduced. Next, they spend nine days learning how to extract genetic material — DNA and RNA — from multiple sample types, along with a technique called polymerase chain reaction, or PCR, which is used to identify the extracted DNA and RNA.

Using even the tiniest fragment of genetic material present in a sample, PCR enables large numbers of copies of a

particular gene to be produced, thus making definitive identification possible. PCR yields reliable results in just 2 to 4 hours.

One component of the FIBWA training is “real time” PCR using an instrument called the Ruggedized Advanced Pathogen Identification Device, which was specially designed for military field labs. This instrument’s technology offers rapid, safe, and accurate field identification of potentially dangerous pathogens.

### ≡ A New Level of Respect

SGT Sean Brown from Fort Leonard Wood, Mo., is a microbiologist with clinical-laboratory and blood-bank experience.

“Having a good grasp of molecular biology helped,” he said. “I had done PCR before but enjoyed being trained on the latest instruments.

“Getting to work with the real agents was the most surprising aspect of the course,” he said. “And even though all bacteria and viruses are deactivated before students handle them, it still gives you a new level of respect for what we’re doing.”

Bill Dorman, the course training coord-

inator, strolls through the labs, pausing to check on each student’s progress. Despite being peppered with questions from course attendees, he patiently describes the scene for a visitor. His group keeps busy — six student courses are offered per year, along with three “manager” courses. The latter are designed for such decision makers as laboratory officers and commanders, who would get the lab results and act upon them.

Upon completion of the PCR training, students spend four days studying electrochemiluminescence, or ECL. ECL is a well-established process in which certain chemical compounds emit light when electrochemically stimulated.

ECL offers certain advantages over the widely used assay known as ELISA, a sensitive laboratory method used to detect the presence of antigens or antibodies in a wide variety of biological samples.

“A traditional ELISA could take 15 or 16 hours. The ECL assay takes an hour to an hour and a half to run, so you get both speed and sensitivity without sacrificing specificity,” Dorman said.

### ≡ Putting It All Together

Upon completion of the PCR and ECL units, the students take both written and practical exams.

The true test, however, comes during a



▲ SPC Kelly Miller runs a gel electrophoresis during a recent FIBWA course.

field-training exercise in the final week of the course. Dorman said this provides an opportunity to integrate the course material with real-world scenarios that challenge the students’ understanding and skills.

Participants are given five scenarios to respond to, and must set up and operate a lab under field conditions. Working together as a team, they develop and implement a test plan based on the sample type and information received with each scenario. They are then expected to analyze the sample, troubleshoot any problems that may arise and provide a final identification, if any, to the instructor. Evaluations are based on how well the students respond and solve problems throughout the exercise.

PFC Kelly Miller, who works in a hospital clinical laboratory at Fort Eustis, Va., finds the FIBWA focus on environmental samples “totally different.” Unlike a clinical lab, she said, “out here you don’t realize you messed up until you get your results back. In the field we would have to do it over; in the classroom, we try to figure out where the error occurred.”

“USAMRIID continues to demonstrate its commitment to Soldiers, whether through research, direct analytical support or training courses like FIBWA,” said COL Erik Henschel, USAMRIID commander. “In addition, as a partner in the National Interagency Biodefense Campus at Fort Detrick, we contribute to the nation’s overall defense against bioterrorism.”

To learn more about the FIBWA course, visit [www.usamriid.army.mil](http://www.usamriid.army.mil) and click on “Education and Training.”



▲ Allison Cowels loads a centrifuge during a DNA-extraction procedure.



# Tips for Staying Fit

Story by MAJ Kelli M. Metzger

**T**HE American Dietetic Association sponsors National Nutrition Month in March, which is designed to focus on the importance of making informed food choices and developing healthy eating and physical-activity habits.


While March is long past, the need for healthy living — largely dependent upon good eating habits — is just as important today as it was then. And with summer just around the corner, many people may be focusing on reducing waistlines that expanded over the winter months due to too little exercise and too


MAJ Kelli Metzger works at Womack Army Medical Center, Fort Bragg, N.C.

much “comfort food.”


If you’re planning to diet, keep good nutrition in mind. The following tips may be helpful.

If you have health issues, please consult your health-care provider before beginning or resuming an exercise program. The goal is to obtain moderate activity for 60 minutes most days of the week, but you may need to start with 10, 15 or 20 minutes initially and work up to the goal.


Keep in mind that small changes in what and how much you eat and what type and how much activity you do can result in big results. 

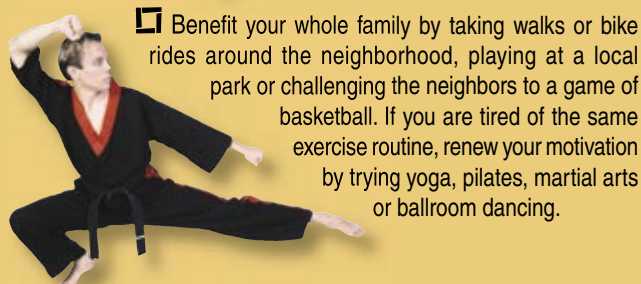
 Be adventurous and try a variety of foods in your diet. Your body requires a minimum of 40 different vitamins and minerals, and no single food or food group provides them all. Add color to your plate with at least five servings of orange, green, red, yellow, purple, and blue fruits and vegetables per day. Whether fresh, frozen, canned, dried, or juiced, fruits and vegetables provide vitamins, minerals, fiber and disease-fighting phytochemicals. Try a new fruit or vegetable several times per month or try new versions of old favorites, such as grape tomatoes, red-leaf lettuce or fruit salsa.





 At home, try a new recipe or two each month by clipping ideas from the food section of newspapers or magazines. When dining out, choose a different ethnic restaurant once in a while. Even at your favorite restaurants, you can request a new appetizer or entrée instead of sticking with your old standby.




 Be active. In addition to healthy eating, regular activity is important for good health. Joining a health club or buying exercise equipment for your home are possible options for encouraging regular activity. Regular activity doesn’t have to involve expensive club fees or equipment though. Keep workout shoes with you at work and walk after lunch or instead of taking a coffee break.




 Benefit your whole family by taking walks or bike rides around the neighborhood, playing at a local park or challenging the neighbors to a game of basketball. If you are tired of the same exercise routine, renew your motivation by trying yoga, pilates, martial arts or ballroom dancing.


 Be flexible and balance what you eat with the amount of activity you do. If you are satisfied with your current weight, you will need to consume as many calories as you burn through exercise and everyday activities to maintain that weight. If you are trying to lose weight, you will either need to consume fewer calories or expend more energy through activity. In order to lose a pound of fat per week, dietitians usually recommend consuming 250 fewer calories per day and doing an activity that will burn an extra 250 calories each day.



 Be realistic and start with small changes. You may require a complete dietary overhaul, so don’t try to make too many changes at once. If you have been eating two servings of fruits and vegetables per day, increase to three this week and then four the next until you reach the desired five or more servings per day. If you have been eating fast food for all three meals and vending-machine food for snacks, start by eating one meal and one snack per day at home, or at least packing food to bring with you to work or school.

 If you have been drinking several cans or bottles of regular soda, gradually decrease the amount you drink until you are down to only one, or possibly two, per day, or switch to diet soda.



 Be realistic when increasing activity as well. If your usual activity has been pushing buttons to play a videogame or surfing TV channels with the television remote, don’t try to run a marathon or do 500 sit-ups on your first day.



# Honoring

# the “Big Red One”

Story and Photos by Jonathan Del Marcus



▲ The 1st Division Museum is located in Wheaton, Ill.

A CROOKED sign that reads “Cantigny” hangs from the side of an artillery-shelled French farmhouse about 10 yards down a dirt path. Fires rage through the darkened, besieged village. The rat-a-tat-tat of gunfire, followed by the cock-a-doodle-do of a crowing rooster is audible in the distance.

Seconds later come the sounds of aircraft flying overhead, followed by the thump of incoming artillery shells. Horses pulling carts are heard nearby. After walk-

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Jonathan Del Marcus is a Department of the Army public affairs intern at the Army Field Support Command/Joint Munitions Command at Rock Island Arsenal, Ill.

ing past the village, one enters a trench in “No-Man’s Land” and an underground bunker.

This realistic scene was designed to depict the rural village of Cantigny, France, as it looked and sounded during the 1918 Battle of Cantigny, as well as typical battlefield scenes Soldiers encountered in numerous places during World War I.

The purpose of The First Division Museum at the Cantigny Estate in Wheaton, Ill., a suburb of Chicago, is to teach the story of Soldiers: what they go through, how they live, what they experience. And, so, having the general public walk through a shelled-out old French farmhouse gives people an idea of the destructive power

of artillery, and war in general – some of what the Soldiers are experiencing today in hostile areas of the world, said Michael E. Goodale, the museum’s associate director of public programs.

The First Division Museum portrays the conditions that Soldiers face in battle, and teaches visitors about the importance of Soldiers in American society, he said.

Visitors encounter war and peace through the eyes of Soldiers in the 1st Infantry Division, the “Big Red One,” as the division advances through periods of American history, from its entrance into World War I in 1917 through the 1991 Gulf War.

“It’s a pathway experience — you walk through chronologically and encounter the various parts of the story in what I call holistic, or environmental, exhibits,” said Dr. John Votaw, executive director of the Cantigny First Division Foundation.

Votaw calls this effect the “surround-you-with-the-story” approach that guided the design of the exhibits.

The First Division Museum is independent from the U.S. Army’s 1st Infantry Division Museum in Würzburg, Germany,

◀ Young visitors to the museum explore a replica of a German artillery casemate that guarded Omaha Beach on D-Day.







▲ The museum's peaceful setting is in sharp contrast to the stark realities of war.

although the two museums do share a common goal in telling the division's history, said Terri Navratil, TFDM's curator of collections.

TFDM is part of the larger grounds of the Cantigny Estate, named in honor of the Soldiers who fought in the first American offensive victory of World War I.

The peaceful setting is in sharp contrast to the stark reality of war. In fact, in nice weather, many families with children picnic on the lawn outside the museum, and children climb on the many armored vehicles spread throughout the area.

"It was not accidental," Votaw said. "I see the whole structure as a place that includes areas outside the museum. Outside, we do have examples of American armor that supported the First Division in various points in its history. But inside the museum exhibits are action oriented. They focus on Soldiers — who they were, what they did and how well they did it."

Permanent exhibits in the experiential section of the First Division Museum, in addition to the Village of Cantigny and World War I, include an interactive exhibit of the division in North Africa during the early stages of World War II, a D-Day theater, a diorama of how Omaha Beach appeared the day after the assault, a diorama of an assault on Aachen during the Battle of the Bulge in Germany, during

the later stages of World War II, a jungle in the Vietnam exhibit and an exhibit devoted to the division during the Gulf War.

"The focal point of the museum for many people is the D-Day theater. It's set up as a mock-up of a World War II landing craft," Goodale said.

Visitors watch a short film of actual footage of the D-Day assault on Omaha Beach at Normandy, France, on June 6, 1944, and listen to actual letters that American GIs wrote about the invasion and sent to their loved ones at home.

"At the end of the film, the front of the theater lifts up, almost like a garage door, and then allows visitors to walk out onto a mock-up of Omaha Beach," Goodale said.

The visitor sees the beach as it appeared the day after D-Day. Museum planners made every effort to be as accurate as possible.

Ammo crates, the cold steel beach obstacles called tetrahedrons that the Germans sank in the ocean to damage approaching boats, an intravenous bottle tied to an American M1 Garand rifle of the period, with its barrel buried in the sand, are all part of the diorama.

The exhibit also displays a replica of a German fortification known as a "pillbox" or "casemate" that the German army used to shield heavy artillery and machine guns from attack.

"I want visitors to step into the boots of the infantryman going ashore on D-Day..." Votaw said.

"They're actually amazing feats of engineering, built to withstand a direct hit by a bomb, without harming the gun inside. They were built with the top above ground and everything else underground," Goodale said.

"I want visitors to step into the boots of the infantryman going ashore on D-Day — to have some of the same feelings those young men did, with the apprehension, the tension, and also the pride and cohesion of a ready, fighting force facing a very dangerous task," Votaw said.

Kathie Keeler, a history teacher at Fox River Grove High School in Barrington, Ill., recently brought her children to see the museum.

"I want to teach them about history. Because the museum is so interactive, it engages them and keeps their interest," she said. "This is not a stodgy, boring old museum. I think it's as much fun for adults as it is for kids." ■

# Supporting **Those Who Serve**

**I**N 1917 a blue-star banner was designed and patented by CPT Robert L. Queissner as an unofficial symbol for parents with children in the service to show their support.

In 1942 CPT George H. Maines ran a coupon ad in a Michigan newspaper asking mothers to send information about their children serving in the military. After receiving more than 1,000 responses to his ad, he decided to form a permanent organization.

In 1960 this new organization was chartered by Congress.

In 2005 the latest generation of parents with children serving in the military is still hard at work supporting those who serve.

**The Blue Star Mothers of America Inc.** has also evolved over the years to reflect today's changing society and now includes dads as well.

"We, as parents, have a vested interest in our children, so it wasn't unusual for us to come together to support them," said Susan Naill, former organization president. "Sending a child to boot camp is not the same as sending them off to college. When they make the decision to serve, it becomes our duty to support that decision. No one wants their child to be in harm's way, but if that becomes the case parents need to show their support."

For many parents that support is demonstrated by hanging a blue-star banner in a window. Naill said that blue represents a child serving, and a gold star honors a child who died while on duty.


"Any parent with a child in the military is a blue-star parent," said Naill. "We don't just meet and sit around reading meeting minutes. Our chapters across the country are always looking for new ways to show how much we support our service members."

As a former president of the organization, Naill is proud to tell people what members are doing for troops today.

"For example, Operation Dignity in California ensures wounded Soldiers have the items they need when they return Stateside," she said. "Then there is Operation Shoebox in Florida, which sends boxes to service members overseas. And

we have volunteers in Maine who greet planes as they land and make sure every service member who gets off receives a welcome-home hug. Many of these programs are now operating worldwide.

"We also support the families of prisoners of war and those missing in action. Every year we participate in Rolling Thunder in Washington, D.C., to help raise awareness," said Naill.

Naill said the legacy of the blue star and what it's come to represent is what keeps the members going. "We don't always know if our children are safe, but regardless, we have to support them and their decision to serve their country with pride and dignity." 



*The Blue Star Mothers of America Inc. has evolved over the years to reflect today's changing society and now includes dads as well.*



For information on the Blue Star Mothers of America, go to [www.bluestarmothers.org](http://www.bluestarmothers.org)





Sergeant First Class Paul R. Smith  
**MEDAL OF HONOR**  
GLOBAL WAR ON TERRORISM



## SFC Paul Ray Smith

**Unit:** Company B, 11th Engineer Battalion, 3rd Infantry Division

**Spouse:** Birgit Smith

**Children:** David A. Smith, Jessica M. Smith

**Parents:** Donald and Janice Puirre

**Hometown:** Tampa, Fla.

**Enlisted:** October 1989

**MOS:** Combat engineer

**Assignments:** 82nd Engineer Battalion (Bamberg, Germany), 1st Engr. Bn. (Fort Riley, Kan.), 317th Engr. Bn. (Fort Benning, Ga.), 9th Engr. Bn. (Schweinfurt, Germany), 11th Engr. Bn. (Fort Stewart, Ga.)

**Deployments:** Persian Gulf War, Bosnia-Herzegovina, Kosovo, Operation Iraqi Freedom

On April 4, 2003, the 1st Brigade Combat Team, 3rd Infantry Division, attacked to seize Objective Lions, the Baghdad International Airport. As part of the maneuver, Task Force 2-7 was ordered to establish a blocking position against a brigade-sized counterattack at the airfield's main entrance.

The main entrance was a four-lane highway with a median to separate incoming and outgoing traffic. Large masonry walls with towers approximately 100 meters apart bound the highway. With Smith in charge, Co. B received the mission to construct a holding area for prisoners of war.

Assessing the best location to be behind the masonry wall, Smith ordered a hole knocked through it to create an opening to a large courtyard. He then checked for enemy, found none, and posted two guards on towers along the wall.

While engineers cleared debris in the courtyard, a guard spotted 10 to 15 enemy soldiers moving into prepared fighting positions. The enemy eventually rose to 100 soldiers and pinned down Smith's unit.

Rather than withdraw from his objective, Smith led Soldiers to engage the enemy force with grenades, an antitank missile launcher and individual weapons.

As the enemy attack reached its strongest point and the American defenders continued to suffer casualties, Smith climbed aboard a damaged armored vehicle and, under intense fire, managed to get a .50-caliber machine gun working. He provided cover fire while the wounded were evacuated and held his position until he was killed.

Smith died while saving many others.

*"We count ourselves blessed to have Soldiers like Sgt. Smith, who put their lives on the line to advance the cause of freedom and protect the American people."*

— President George W. Bush



*SFC Paul R. Smith*

*MEDAL  
OF*

*HONOR*



*SFC Paul R. Smith  
received the  
Medal of Honor  
for his valor  
in the  
face of enemy fire  
and for  
his gallantry  
by risking his life  
for his  
fellow Soldiers.*

